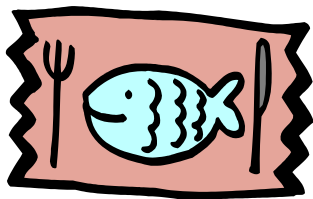


BENEFITS OF FISH CONSUMPTION



It is important to consider the benefits of eating fish as part of a balanced diet. Fish are an excellent source of protein and have been associated with the reduced risk of coronary heart disease.

The benefits of eating fish also have been associated with low levels of unsaturated fats (e.g., omega-3 polyunsaturated fatty acids), which are essential nutrients. Fish also provide a good source of vitamins and minerals.

The American Heart Association recommends two 6-ounce servings of fish per week as part of a healthy diet.

CONTACT INFORMATION

Utah County Health Department

Dave Johnson
Division of Environmental Health
davej@uchlth.utahcounty
(801) 370-4525

State of Utah

David Wham
Department of Environmental Quality
dwham@utah.gov
(801) 538-6146

Doug Sakaguchi
Division of Wildlife Resources
dougsakaguchi@utah.gov
(801) 491-5678

Don Wiley
Department of Natural Resources
donwiley@utah.gov
(801) 491-5678

John Contreras
Department of Health
Jrcontreras@utah.gov
(801) 538-6191

Federal

Ron Smith
Uintah National Forest
rwsmith@fs.fed.us
(801) 342-5154

FISH ADVISORY UPDATE

Fish from the North Fork of
American Fork Canyon

*Public Health
Information*

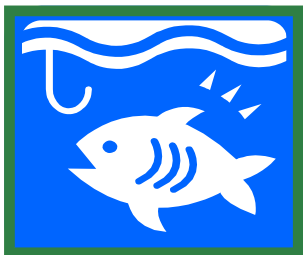


Agency for Toxic Substance and Disease
Registry — Online at: www.atsdr.cdc.gov

BACKGROUND

HISTORY OF THE FISH ADVISORY

In 1999, testing of metals in fish collected from the North Fork of American Fork Canyon revealed higher-than-average total arsenic levels. A fish consumption advisory was issued, recommending that adults limit their consumption of fish taken from the North Fork to one meal per month. Pregnant women, nursing mothers, and children under the age of 12 were advised to avoid eating fish from the creek.



Clean up efforts have continued in the canyon and arsenic levels have been monitored in the fish. Recent testing shows that current arsenic levels are less than those which could produce harmful effects in humans.

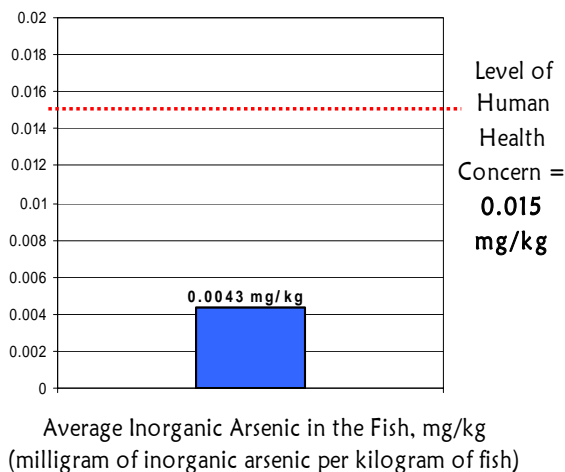
ARSENIC RESULTS

ARSENIC IN FISH

The toxicity of arsenic is highly dependent on the form. Inorganic arsenic is much more harmful to humans than other forms of arsenic.

In 2002, fish were collected from the North Fork of American Fork Canyon and tested for total and inorganic arsenic. The results showed current levels of inorganic arsenic to be much less than the level of human health concern, or the level which could cause harmful health effects in humans.

Level of Concern and the Average Inorganic Arsenic Level in Fish from the North Fork of American Fork Canyon.



FISH ADVISORY

CURRENT FISH ADVISORY

Because recent testing shows that inorganic arsenic levels in fish from the North Fork of American Fork Canyon are less than the level of human health concern, adverse health effects from consuming these fish are not likely to occur. Therefore, **the fish consumption advisory has been removed.**



Levels of inorganic arsenic in fish collected from the North Fork of the American Fork Canyon will continue to be monitored.

The Utah Department of Health will continue to work with other state and federal agencies to perform additional research on arsenic and other metals in fish from the North Fork of American Fork Canyon. Monitoring of water quality will also continue. As more information becomes available, recommendations may be changed.